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## A little bit of heaven

Intentionally recognizing special moments each day provide many opportunities for me to say, "this is heaven."

Every morning, I set my intentions. For example, I begin with healing mettas said three times: "May I be at peace...may I have a compassionate heart...may I be happy."

Then, I move on to say, "May my family be at peace, etc." then further on to "May all beings be at peace, may all beings have compassionate hearts, may all beings be happy."

What I have found is that over a short period of time, the focus becomes more on the blessings because my awareness has shifted to expect those little moments of heaven every day.

It's easy to make excuses on how our "busyness" doesn't get us time to enjoy or experience those little bits of heaven. Sometimes, we find ourselves so ingrained in our excuses of having no time that we forget how to be present and aware of the many blessings that present themselves daily. As we discover and become more conscious of these special moments, we stay in a state of gratitude.

I invite you to intentionally recognize those little bits of heaven each day. Maybe it is seeing the love in your child's eyes, or the beautiful smell and sights of a crisp, fall morning. Or the heartfelt "thank you" from a patient or co-worker for a simple kindness shared.

It's amazing what "heaven" begins to look and feel like as we recognize and sense its presence. Jean Watson, nursing theorist and professor of nursing, describes pausing with gratitude for special blessings, saying "...it is by this path of bringing forth the positive, loving, caring energy into our work and world...that we are replenished, and in turn are more able to replenish others.

Blessings,

Mary Natschke, RN, BAS, HN-BC  
Holistic Nurse Certified  
Manager, Valade Healing Arts Center

# Fall 2007 class offerings

Payment must be received one week prior to start of class.

**Yang Tai Chi:** Mondays, 6:30 to 7:30 p.m., \$90 (10 weeks)

**Session I: September 10 through November 12**

**Session II: November 19 through February 4**

(no class December 24 and December 31)

**Beginner Yang Tai Chi:** Mondays, 7:40 to 8:40 p.m., \$90 (10 weeks)

**Session I: September 10 through November 12**

**Session II: November 19 through February 4**

(no class December 24 and December 31)

**Hatha Yoga:** Mondays, 4:45 to 6 p.m. and 6:30 to 7:45 p.m., \$60 (6 weeks)

**Session I: September 17 to October 22**

**Session II: November 5 to December 17**

(no class November 19)

**Hatha Yoga:** Tuesdays, 4:45 to 6 p.m. and 6:30 to 7:45 p.m., \$60 (6 weeks)

**Session I: September 18 to October 23**

**Session II: November 6 to December 18**

(no class November 20)

## Lunch & Learn:

Classes are held from 12 to 1 p.m. \$15 per session. Bring your own lunch.

**Jewelry Making Workshop:** Please join our artist in residence for this workshop. Explore and discover how an art experience can assist in the healing process by incorporating a positive experience in a stressful environment. Each person will make a glass bracelet and a pair of earrings, time permitting.

**Tuesday, September 11**

**Fall Cooking Class:** Healthy cooking doesn't have to be a chore. Come and learn to use seasonal fall vegetables to create delicious meals that are both good, and good for you. Damien Buchkowski, RD, will discuss various fall vegetables and share both traditional and creative ways to incorporate these foods into your diet.

**Tuesday, October 9**

**Astronomy—Getting to Know our Evening Sky:** This class will focus on the constellations and the fun and romantic legends behind them. We will also learn about why some stars are brighter than others, and the distances between Earth and the other planets. This is a great introductory to learning about our evening skies.

**Tuesday, November 13**

**Making the changes in 2008 for a lifetime of good health!** This class will be an introduction to a series that will address the lifestyle changes needed to feel your best. The food choices we make send messages to our bodies that favor health or disease. Adopting a healthy lifestyle means making choices that enhance your health, increase your energy, live without pain and maintain health for a lifetime.

Topics will be:

- Healthy body composition
- Understanding inflammation (contributor to chronic disease and premature aging)
- Stress Management
- Managing cholesterol and blood sugar
- Stop the yo-yo dieting cycle
- When is nutritional supplementation needed?

**Tuesdays, December 4, January 8, February 12, March 11, April 8**

**Beginner's Hatha Yoga:** Wednesdays, 6 to 7:15 p.m., \$60 (6 weeks)

**Session I: September 20 to October 24**

**Session II: November 7 to December 19**

(no class November 21)

**Intro to Reiki - Energy Evening:** 7 to 8:30 p.m., \$5 donation appreciated. An opportunity to experience a mini hands-on Reiki session and receive an explanation about Reiki energy healing  
**Thursdays, September 20, October 11, November 8, December 13**

**Reiki Level I:** 9:30 a.m. to 4:30 p.m., \$125. Reiki is an ancient, Japanese, hands-on healing method. Students learn the history of Reiki, basic hand positions and ways to use this energy in their own lives and in services to others.

Nurses: Six contact hours will be awarded.

**Saturdays, October 13, November 10.**

**Reiki Level II:** 9:30 a.m. to 4:30 p.m., \$195. Students receive attunements that intensify the Reiki energy. Learn techniques for distance healing and furthering mental, spiritual, and emotional healing processes. Nurses: Six contact hours will be awarded.

**Saturdays, October 27, December 8**

*For those interested in Reiki Master level, please call the Healing Arts Center for more information.*

**Aura Photography:** 9:00 a.m. to 1 p.m. (20 minute appointments), \$25. Come and discover your aura, the energy field that radiates through and around all living things. You will be provided with a color photo of your aura and chakra's with state-of-the-art equipment.

This information is for educational or entertaining purposes only.

**Saturdays, September 29, October 13, December 8**

**New! Reflexology I:** 9 a.m. to 3:30 p.m., \$85. Learn the fundamentals of reflexology for family and friends. Explore and learn the health benefits, theory, and basic techniques of this age-old art. \$85. Nurses: 5.5 contact hours will be awarded.

**Saturday, September 29**

**New! Restorative Yoga and Reiki:** Wednesdays, 7:30 to 8:45 a.m. and 3:45 to 5 p.m. Manage the effects of chronic illness and stress with passive yoga. Restorative Yoga is a gentle, relaxing practice using a flowing sequence of poses supported by props for full relaxation and balance. Receive Reiki energy while in yoga poses. Bring yoga mat, blanket and towel.

**Classes begin September 19 through October 24 (6 weeks). \$60.**

## Refund Policy

Payment must be received one week prior to start of class. No refunds will be processed after the first class. A \$6 processing fee will be charged for each refund that is granted. Refunds will be made as "store credit" only. If the Valade Healing Arts Center cancels any activity due to insufficient enrollment, registrants will be notified by phone and a full refund will be issued.

## Mary Natschke is named Holistic Nurse of the Year

The American Holistic Nursing Association (AHNA) has named Mary Natschke, RN, Manager of the Valade Healing Arts Center at St. John Hospital and Medical Center (SJH&MC), the 2007 American Holistic Nurse of the Year.

Mary was instrumental in the development of the Valade Healing Arts Center, and has served as its manager since it opened in 2000.

"Mary started this remarkable program with a pencil and a supply book and through sheer determination, commitment, and amazing passion, developed a comprehensive integrative healing arts program," said Donna Handley, Vice President, Clinical Services. "Her commitment to holistic care and self care provided the community this valuable resource."

Over the last five years, Mary has expanded this program to touch the lives of many oncology patients and families at the Van Elslander Cancer Center, in addition to providing support and services to various inpatient units and the Surgical Waiting Room at SJH&MC.

Mary is a role model for compassionate, spiritually based healing. She is a strong advocate of self-care for nurses and other caregivers," said Donna. "And, she is dedicated to promoting and teaching self care to our nurses so they can provide a more healing environment for all patients and associates. Mary is an inspirational leader who leads with heart and focuses on an exceptional experience for each patient."

The AHNA is a national organization designed to provide vision, direction and leadership for the advancement of complementary and alternative healing practices. The nurse of the year award is presented annually to recognize outstanding achievement in the field of holistic nursing.

The Valade Healing Arts Center, located within the Van Elslander Cancer Center, serves more than 500 people monthly with many holistic services, including: massage techniques (Swedish/relaxation, pregnancy, river rock, and therapeutic), reflexology, reiki, cranial sacral therapy, hypnosis and guided imagery, yoga, and tai chi among others. Services are available to inpatients and outpatients, associates, and the community. For more information, call 313-647-3320.



From left: Veda Andrus, BirchTree Center Senior Educator; Gayle Novack, Administrative Director, Patient Care Services; Mary Natschke, Manager, Valade Healing Arts Center; Tracy Wanamaker, Clinical Manager, 5 East; MaryAnn Barnes, Chief Nursing Officer; and Debbie Walker, RN, Cardiovascular ICU.

## Ongoing favorites

**Swedish Massage** – promotes relaxation, relief from pain, and increased soft tissue mobility. \$65.

**Reflexology** – skillful application of pressure to specific points in the feet and hands, promoting the body's ability to adjust and balance during times of stress, increase energy, and improve mood. \$65.

**Reiki** – this ancient form of natural hands-on healing is gentle, relaxing, and encourages healing on all levels: mental, physical, emotional, and spiritual. \$65.

**Cranial Sacral Therapy** – gentle, noninvasive hands-on technique that often provides relief in conditions of stress, headache, migraines, low back pain, TMJ, and soothes emotional distress. \$75.

**River Rock Massage** – hand-picked, heated river stones combined with therapeutic massage techniques are used to recreate a unique, deep, therapeutic experience. Truly, a 'mini-vacation.' \$75.

**Prenatal Massage** – a wonderful way to relax tight muscles, increase energy and relieve aches and pain during your pregnancy. Physician's written permission required. \$75.

**Therapeutic Massage** – a blend of trigger point, myofascial release and various therapeutic body work techniques, for the purpose of restoring proper muscle balance, mobility and reducing pain. \$75.

**Hypnotherapy** – this interactive method is an empowering means to tap into the unconscious mind for valuable information on the origin and nature of illness, as well as its potential resolution. \$85.

*All St. John CareLink and associates receive a \$5 discount on services.*

### Punch Card Promotion

Purchase three (3) same dollar services and receive the fourth...half off! May be purchased as an ongoing "punch card" or all at once as four gift certificates to share with family and friends.

### FlexSmart Convenience Card accepted at the Valade Healing Arts Center

The Healing Arts Center has been approved to accept the Flex Convenience Card for specific, eligible health care services. We will transmit the expense through MasterCard from your pre-tax healthcare account. According to IRS guidelines, you may use your card for massage and hypnotherapy services at the Healing Arts Center, but we must have your physician's prescription with a medical diagnosis in order to be approved.

### Gift certificates are a great option for gift giving

Looking for a unique opportunity for gift giving this season or for a special occasion? Enhance, enrich, and explore the many opportunities available at the Valade Healing Arts Center. Gift certificates are available in any denomination and good toward all services, classes, and gift shop items.

## Another great benefit for associates

Announcing another great benefit for all St. John Hospital and Medical Center associates: payroll deduction. All guidelines remain the same as with the Fontbonne Gift Shoppe. Eligible associates must be in at least a 40-hour per pay period position with a maximum spending total of \$200 between both the Healing Arts Center and Fontbonne Gift Shoppe. Payroll deductions will be up to \$100 per pay based on purchases.

## SJH offers continuing nursing education

St. John Health is an approved provider of continuing nursing education by the Michigan Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

# Preventative medicine for holistic healing

While people have benefited from the advancements made in western medicine, many others are seeking answers that go beyond the scope of traditional care.

Dr. John Meulendyk offers interested person a broader medical approach toward creating health and prevention of chronic, degenerative diseases.

Through a comprehensive consultation including past medical history, present symptoms, environmental stressors, nutrition, and body movement, Dr. John offers a variety of integrative services: Nutritional (Functional) Medicine with specialty lab testing, Cranial Osteopathy and Manual Therapy, Frequency Specific Microcurrent (FSM) for treating nerve and muscle pain and conditions like fibromyalgia, IBS, and PTSD, as well as spiritual guidance.

Please call for more information or to schedule an appointment. Physician fees apply. Some of the available services are detailed below:

## Shingles and Frequency Specific Microcurrent

Shingles is a painful infection along nerves that is caused by the chickenpox virus. Frequency Specific Microcurrent is a new way to stop the effects of early onset shingles.

When applied at the first onset of symptoms (within 24 to 36 hours), the full course of shingles can be avoided. Treatment assists in preventing a prolonged painful condition known as postherpetic neuralgia.

For further information, call the Healing Arts Center.

## Cervical Trauma Fibromyalgia and Frequency Specific Microcurrent

There are at least nine types of fibromyalgia. Frequency Specific Microcurrent is a new modality for treating the symptoms of one of these types of fibromyalgia, namely cervical (neck) trauma fibromyalgia.

When treatments are done in conjunction with nutritional supplementation and hands-on therapy, many cervical trauma fibromyalgia patients gain a new sense of wellness and healing.

For further information, call the Healing Arts Center.

## Tsunami Relaxation can help the stressed-out professional

The Tsunami Relaxation Technique was developed at the Healing Arts Center of St. John Hospital and Medical Center, and created for the stressed, busy professional who has a limited amount of time in his or her workday.

The technique combines hands-on healing of the head, along with a gentle and warm microcurrent wave that is run through the body. The technique takes about 20 minutes to perform.

Studies have shown that microcurrent reduces inflammation and increases energy production inside cells by 500 percent. Patient report increased energy, a sense of relaxation throughout the day, and improved sleep patterns.

Office visits are covered by several major insurance companies. Call the Healing Arts Center for more information at 313-647-3320.

## Cranial Osteopathy

A comprehensive system that works with the complex rhythms of the head to discern normal as well as restricted motions through out the entire body.

Cranial Osteopathy is a gentle, safe approach that can help with many different disorders including chronic headaches, low back pain, breathing and digestive disorders, chronic ear infections & birth trauma and certain pain symptoms in autistic children.

Cranial Osteopathy can complement the use of drugs or surgery in traditional medical care. Physician fees apply.